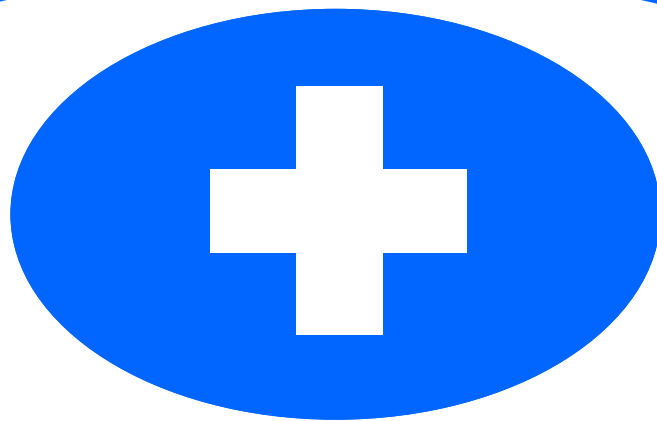


LEHI AQUATIC CENTER

JUNIOR LIFEGUARD



**SALT RIVER
RECREATION DEPARTMENT**

PROGRAM GOAL:

The Lehi Aquatic Center Junior Lifeguard program offers community youth an opportunity to learn from professional lifeguards. Students gain a wide variety of skills and knowledge including how to safely enjoy the water, first aid, CPR, water rescue techniques, the importance of keeping physically fit, and other lifeguard related topics. Students will be exposed to an environment that will teach them to be courteous and respectful. Additional activities include interpretive and educational presentations from members of the local community. This valuable experience builds self confidence and helps students prepare for future employment as professional lifeguards.

PROGRAM CONTENT:

The content of Lehi Aquatic Center Junior Lifeguard program will include water safety, lifesaving techniques and procedures, first aid and CPR, development of swimming skills, games and competitions, and field trips.

PROGRAM LOCATION:

Program headquarters is at Lehi Aquatic Center 3121 N. Stapley Road Mesa, AZ 85203. Most days, program participants will be stationed at the Lehi Aquatic Center and primarily in and around water.

DATES AND TIMES:

- 1 September 2, 2014 through September 30, 2015.**
- 2 The Program runs from 5:30 p.m. to 7:30 p.m. on **Mondays** and **Wednesdays** only.**

MINIMUM REQUIREMENTS:

The Lehi Aquatic Center Junior Lifeguard program is open to girls and boys of all ability and skill levels **ages 12 through 17 years.**

REGISTRATION/FORMS:

Enrollment is limited. Students are taken on a first come, first served basis. To assure a spot we recommend that you register by **August 28, 2015.** To register, each student must submit the following:

- 1. Application Form**
- 2. Waiver**
- 3. Consent Form**

Students will not be allowed to participate until these forms are fully completed and returned to the Salt River Recreation Department.

Send Registration To:

Salt River Recreation Department (Lehi Aquatic Center Junior Lifeguard Program)

10005 E. Osborn Rd Scottsdale, AZ 85256-9722

Fax: (480) 362-7697 Phone/Voice Mail: (480) 362-7561

INSTRUCTION:

Our Instructors are Salt River Pool Lifeguards who have been chosen to work with the Junior Lifeguard Program based on work history, lifeguarding experience and the desire to work as a Junior Lifeguard Instructor. The program is managed by Lehi Aquatic Center Staff.

UNIFORM:

Uniforms are an important part of the professional image that we encourage our participants to uphold during the Junior Lifeguard Program. Lehi Aquatic Center Junior Lifeguards are required to wear a uniform during class.

All participants are required to bring the following items on a daily basis:

- 1 **Salt River Pool Junior Lifeguard uniform T-shirt.**
(Or plain white T-shirt, **NO LOGOS PLEASE**)
- 2 **Plain red / black / blue swim trunks and/or red / black / blue girls swim suit**
- 3 **Sunscreen**
- 4 **Towel**

All participants **are not** permitted to leave the program site, except when accompanied by a parent or guardian, from 5:30 p.m. to 7:30 p.m. This includes going to the snack bar for snacks. All participants should bring the following food and beverages.

- 1 **Evening snack items**
- 2 **Plenty of water and other fluids**

ACTIVITIES:

Our staff takes great care in planning for each day's activities to insure that all of our participants enjoy their junior lifeguard experience to greatest extent possible. By providing a variety of activities, each day, we keep our participants from becoming bored. Keeping them interested and looking forward to each day's activities is accomplished by varying the topics and activities each day. A day's activity will include some of the following:

- 1 Health and physical fitness
 - Stretching and aerobic exercises
 - Proper nutrition
 - Alcohol and drug use prevention
 - Skin cancer prevention
- 2 First-aid
 - Red Cross Basic Life Support Training
 - Cardio-Pulmonary Resuscitation (C.P.R.)
 - First-Aid for injuries
 - Treatment for C-Spine (neck injuries)
- 3 Rescue Techniques
 - Preventative lifeguarding skills
 - Distressed Swimmers
 - Mock water rescue
- 4 Educational Activities
 - Local Fire, Police presentations
- 5 Recreational Activities
 - Games and competitions
 - Free-swim periods
 - Field Trip

CERTIFICATION:

Students receive a certification at course completion

LEHI AQUATIC CENTER JUNIOR LIFEGUARD PROGRAM RULES

1. All junior lifeguards must follow instruction of instructors.
2. Junior lifeguards must be in uniform ready by start of the program time. **If tardy, we must talk to a parent, and if a third tardy occurs we will send the junior lifeguard home for the day.**
3. Baseball caps must be worn bill forward, long hair must be tied back, and any under shorts of any kind must not be visible.
4. When returning from an absence, junior lifeguards must have written note from a parent or guardian.
5. All uniforms and belonging must be labeled with full name. The program is not responsible for lost items.
6. Junior lifeguards may not leave a designated area without the permission of an instructor.
7. If injured, the junior lifeguard must report to the instructor **IMMEDIATELY.**
8. Any behavior unbecoming of a junior lifeguard (i.e. abusive or obscene language, un-excused absences, fighting, etc.) could result in the junior lifeguard being expelled from the program.
9. **Parents must pick up junior lifeguard no later than 15 minutes past program ending, unless the program is having a special event causing a later pick-up time.** In this case, parents will be notified in advance, by both written notice and verbal notice from program instructors.
10. Junior lifeguards must have permission slips signed and turned in before attending any field trips.
11. Junior lifeguards are expected to participate in all physical activities.
12. Visitors must check in with instructor.